

Full Report (All Nutrients) 45107892, ZATARAIN'S, BAKE & CRISP, SEAFOOD BREADING MIX, UPC: 071429028593

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	1.5 Tbsp 12g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	50	417
Protein	g	--	--	1.00	8.33
Total lipid (fat)	g	--	--	1.50	12.50
Carbohydrate, by difference	g	--	--	7.00	58.33
Minerals					
Sodium, Na	mg	--	--	360	3000
Vitamins					
Lipids					
Fatty acids, total saturated	g	--	--	1.500	12.500

Amino Acids

Other

Ingredients

PANKO BREAD CRUMBS (BLEACHED WHEAT FLOUR, SUGAR, SALT, YEAST, CARAMEL COLOR, YELLOW CORN FLOUR, EXTRACTIVES OF PAPRIKA, EXTRACTIVES OF ANNATTO), ENRICHED CORN FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED YELLOW CORN MEAL (CORN MEAL, IRON, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, SALT, CORN MALTODEXTRIN, SPICES (INCLUDING RED PEPPER, PAPRIKA), GARLIC, ONION, NATURAL FLAVOR, LEMON JUICE CONCENTRATE, AND YEAST EXTRACT. *Date Last Updated by Company:* 05/17/2016